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PHOTOS KEVIN TUONG/FOR METRO



101 Avenue to transform into 'people space'

URBAN PLANNING

Citizens' concerns over road safety ends car-only era



Jeremy Simes
Metro | Edmonton

After long domination by wide roads and parking lots, Edmonton's 101 Avenue is set to become a "people space," if a new city design gets the go-ahead.

The city has unveiled its final concept for redevelopment of the street, once the main route into downtown from the east before dwindling traffic led to concerns about crime.

The Vision Corridor study, which included two open houses, is proposing two protected bike lanes on each side of a two-way road that will be narrower, with more crosswalks, pedestrian shopping and mid-rise development.

Cyclists and pedestrian advocates are

pleased, to put it mildly.

"I think the city hit this one out of the park," said Edmonton resident Dave Sutherland, who lives in the area.

Kirstin Pacheco, principal urban designer with sustainable development, said the changes were a result of community consultation.

"People will be able to easily and safely walk, drive or bike along the avenue, but they will stay to shop and visit," she said. "They really want a place to go to, meet-up with each other and hang out."

She said citizens' current concerns over 101 Avenue focus on the commercial properties sitting vacant and road safety.

"People talked about how hard it was to cross as a pedestrian, and there were lots of concerns over speeding vehicles," she said. "Currently it's a wide road without many lights and large surface parking lots, so the goal was to transform it into a people space."

The plan will go to the urban planning committee for debate in late May or early June. If it's approved, Pacheco said, construction should begin in 2019.

GROWING PAINS

Continuous construction projects have frustrated residents — but there's hope at the end of the tunnel **metroNEWS**

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SPORTSNET



Giving women money moxie



Caitlyn Clarke and Kim Krushell are interested in learning with other women about managing their money. KEVIN TUONG/FOR METRO

BY THE NUMBERS FINANCIAL LITERACY

Several studies have shown women have less financial literacy than men in Canada. Here are some tidbits from a Statistics Canada report:

WOMEN

MEN

Q: "I consider myself financially knowledgeable"

31%

43%

Q: "I know enough about investments to choose the right ones that are suitable for their circumstances"

48%

63%

In male-woman households where the male is responsible for most finances, financial literacy scores were low and also varied widely by gender.

10%

33%

INVESTING

Event features tips on finance, investment



Tim Querengesser
Metro | Edmonton

A childhood peek at an intimate moment of financial vulnerability for her grandmother taught Kim Krushell that managing her own finances was something she

had to take seriously as a woman. "Here we are in a department store ... and she's doing a purchase and her credit card was cut up," Krushell said. "That sticks to this day in my mind. She was humiliated, she was so embarrassed."

Krushell said her grandfather was divorcing her grandmother and, as is still often the case, controlled the couple's finances, leaving her grandmother vulnerable once the relationship failed.

Krushell, who is also a former city councillor, is determined other women don't face a simi-

lar hard time, and along with a team is helping host, 'Show your money who's boss,' an event on Feb. 7 at MacEwan University that will share financial literacy and tips in ways women feel more comfortable with. There will be three keynote speakers and speed dating with 32 financial experts.

Research shows the need is real, despite some advances women have made in financial earnings and other areas compared to men.

According to Statistics Canada research from 2014, Canadian women had far lower fi-

nancial literacy scores than men — meaning they knew less than men about key concepts like interest, inflation and risk diversification.

And what's come to be known as the 'investor gap' continues into long-term financial planning for women. A 2012 study by insurance giant Prudential found that women describe themselves as 'beginner' investors twice as often as men.

Krushell said it's hard to pin the gap on any one thing, but noted women still tend to spend a disproportionate amount of

time rearing children compared to men, despite societal changes.

There's also an entire financial industry, from how cars are sold to how investments are explained, that is geared toward men and leaves women feeling left out, she said.

"We need that comfort level," Krushell said. "What financial institutions are figuring out is they're realizing they need to connect differently, especially with millennials."

As a millennial, Caitlyn Clarke, 26, is successful career-wise as a legal assistant but realized that

didn't extend to finances.

Clarke said she moved to Edmonton with her boyfriend and everything financial was put in his name. "I never really thought about it before."

But then she applied for a credit card and discovered she had zero credit history.

"You have to realize that you have to take matters into your own hands because you'll be in a situation where you have to stand on your own two feet," Clarke said. "Without that credit history or financial knowledge it's mostly impossible."



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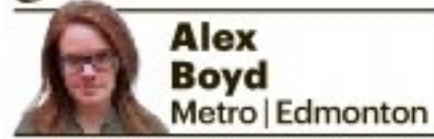
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HUDSON'S BAY

When Canada's racism meets refugees

INCLUSIVENESS

Panel tackles xenophobia, response to global crisis



Alex Boyd
Metro | Edmonton

Canada needs to own up to the xenophobia within our own

borders, says Irfan Chaudhry, founder of the Twitter Racism Project, and one of the speakers at a panel about racism and the refugee crisis last night.

"By not acknowledging it or naming it what it is, it makes it very difficult to address it and try to counter it," he said. "It leaves the perception that this doesn't happen in our country."

Chaudhry joined a handful of other MacEwan University

researchers Wednesday night to address how xenophobia has affected the way countries around the world have responded to a growing refugee crisis.

Asma Sayed, one of the organizers and a faculty member in the English department, said the event was actually planned months ago. It was initially a response to reports of desperate people fleeing Syria, and photos like the now-iconic

image of toddler Alan Kurdi, whose body washed up on a Turkish beach.

Then the tragic shooting at a mosque in Quebec and the new American immigration restrictions on Muslim-majority countries made a conversation about racism somewhat more urgent.

"In light of the events of the last week it has a completely different resonance now," she said.



Syrian refugees celebrate. GRAHAM HUGHES/THE CANADIAN PRESS FILE

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SEX ASSAULT RETRIAL

Wagar acquittal may discourage reports

A sexual assault victim says she would have reconsidered going ahead with the "gut-wrenching" experience of the courts, had another case involving a judge's controversial comments happened first.

Sarah, a 32-year-old who didn't want her last name used, was sexually assaulted in 2011.

It took five years before her attacker was convicted and sentenced to 2-1/2 years in prison. She said she watched the Alexander Wagar case closely.

Wagar was acquitted for a second time on Tuesday, in a retrial ordered as a result of remarks made at the original trial in 2014 by Robin Camp, who was a provincial court judge in Calgary. He repeatedly called the complainant "the accused" and asked her why she couldn't "keep her knees together."

"That's the person that's supposed to be unbiased and who's not supposed to have an opinion until he has all of the facts," Sarah told The Canadian Press. "Then he tells her it was basically her fault and she should have kept her legs together."

"That's the very definition of revictimizing — and twice with the same outcome? If I had read about that before, I would have been a lot more reluctant

going forward."

Sarah feels sympathy for the complainant and remembers how terrified she was when she herself took the witness stand.

"It's like you're reliving it but in a public platform. I was quite nervous. I was quite anxious," she said. "It was gut-wrenching. It's terrifying to go through the court process once, let alone twice."

Kim Stanton, legal director for the Women's Legal Education and Action Fund, is worried victims will be afraid to come forward.

"Other women survivors ... will be even more reluctant now to report an assault. Unfortunately, the criminal justice system simply does not work for survivors," Stanton said of the Wagar verdict. "These cases of 'he said-she said' ... really are unique and challenging. It was enormously brave of her to go through this a second time."

The Crown prosecutor in the case also expressed her concern.

"We have an unfortunate statistic in Canada that most complainants do not come forward, and I don't see how this particular circumstance would change that," Janice Walsh said outside court Tuesday.

THE CANADIAN PRESS

IN BRIEF

Garland's hard drive has downloads on killing

A police cyber-detective says there were downloads on killing and how to dispose of a human body found on a hard drive hidden at the home of a triple-murder suspect.

Det. Brian Clark has told the jury in Douglas Garland's trial in Calgary that he also found manuals on doing autopsies and different ways to kill — including the use of combat knives and in hand-to-hand combat.

Garland is charged with first-degree murder in the disappearance of Alvin and Kathy Liknes and their five-year-old grandson Nathan O'Brien in June 2014.

Clark testified he also found information on how to dismember dead bodies and how to use an acetylene torch to burn them up faster.

The detective said there were also several guides on lock-picking, especially for the kind of lock disabled at the Liknes home.

THE CANADIAN PRESS

REVITALIZATION

Residents weary of construction

Tim Querengesser
Metro | Edmonton

It's Year 3 of a decade-long downtown rebuild, but after the quick excitement of opening the arena faded, the mood on the streets as work continues can sometimes turn to frustration.

Mel Priestley, a writer who works on 104 Street downtown, said she feels fatigued by the construction, but added it's "better than it was" — noting the city seems to be addressing pedestrian concerns about sidewalk hoarding.

Still, Priestley said the barriers that construction throws up are a daily consideration for her, as she walks for most of her needs.

"I've avoided areas of downtown because I knew it was a mess," Priestley said. "As a pedestrian, I don't drive and it can sometimes impact where I'm going to go for my lunch break or errands."

Many things happen at the three-year mark: Your new car starts to look used, your baby starts to speak in sentences, your new job starts to feel routine.

When it comes to Year 3 on Edmonton's 20-year downtown revitalization, which started in 2013 with the passing of the Community Revitalization Levy, year three is when the novelty wears off and ever more projects invade public space — now in-

cluding the rebuild of the Stanley Milner Library.

That means complaints. Duncan Fraser, a head planner on Edmonton's downtown implementation group, said he's heard the frustration from some, mostly pedestrians, but added the majority are keeping the long-term plan in mind.

"We do hear some complaints but they've been relatively low," Fraser said. "People get that construction is underway and they have to be patient for things like the arena, and our new museum will be open in fall."



City planners have to keep our eyes on the prize.

Duncan Fraser

"I think people have the patience to wait because this intensity of development is at a pace we've never seen before."

Fraser said it's important to remember the construction isn't just buildings but amenities, like parks, that will make the city more livable.

He confirmed to Metro that city administrators will on Feb. 15 request that council expropriate privately owned land north of Jasper Avenue, between 106 and 107 Street, for an urban park.

After construction, of course.



A construction site in Edmonton. KEVIN TUONG/FOR METRO

IN BRIEF

Province signs new agreement with Metis Nation of Alberta

The Metis Nation of Alberta (MNA) signed a "much stronger" framework agreement with the provincial government than those of the past, MNA president Audrey Poitras said at a signing ceremony Wednesday.

"Quite frankly, it has been the lack of recognition and respect for our Metis self-governance structures and our Metis rights in the past that have been so destructive to our people," Poitras said.

The 10-year agreement

is one of several signed by the provincial government and the MNA since 1987, but it's the first to acknowledge they will work together on a nation-to-nation basis.

The agreement identifies government departments for the nation to work with on issues such as Metis harvesting rights and the socio-economic wellbeing of more than 33,000 members.

The MNA has also identified climate change, education, women's issues, employment and housing as key areas for them collaborate with the provincial government. ELIZABETH CAMERON/METRO



Mayor Don Iveson said Wednesday he wants the city's infill plans to align with its transit strategy. KEVIN TUONG / FOR METRO

Mayor moves for more densification

HOUSING

Multi-family developments could be built near transit

Jeremy Simes
Metro | Edmonton

Mayor Don Iveson wants a mandate from voters to go further with densification in some of the city's mature neighbourhoods.

In fact, he indicated Wednesday he wants it to be an election topic, after he presented a mo-

tion that tasks city administration with determining suitable neighbourhoods for more diverse and affordable housing options.

He asked for the report by the beginning of September so Edmontonians can weigh in before heading to the polls Oct. 16.

The mayor's motion followed concerns he raised during an urban planning committee debate over proposed changes to the Mature Neighbourhood Overlay, a policy that governs the shape and location of infill, or new buildings in older neighbourhoods.

The problem with the policy, Iveson said, is that it enables large single-family homes beyond

the budget of many.

Its restrictions are causing Edmonton to lose out on the development of multi-family homes in dense neighbourhoods and areas near transit hubs, he said.

For instance, some row homes or connected duplexes can't be built in mature neighbourhoods because of the height and width restrictions set out in the Overlay.

Iveson told reporters a new set of rules — which could be outlined in the Missing Middle Overlay — would allow developments to be taller and closer to the street in pre-WWII neighbourhoods, which is something developers have been asking for.

He said he wants denser de-

WHAT'S NEXT

The committee heads back to public hearings for further debate on the proposed policy changes in the Mature Neighbourhood Overlay. Administration will come back with a response to Iveson's motion on Sept. 6.

velopment to also align with Edmonton's new transit strategy, which focuses on faster and frequent service in core communities and express service outside the ring road.

INQUIRY

Policy a factor in death of health worker

A report suggests failings in Alberta government policy were a factor in the death of a mental-health worker who was killed by a client with a long history of unpredictable, violent behaviour.

Valerie Wolski, 41, was alone with Terrence Saddleback in February 2011 when she was strangled in a Camrose, Alta., care home.

Saddleback — who weighed 300 pounds and stood six feet, five inches tall — towered over Wolski, who worked for the Canadian Mental Health Association.

The fatality inquiry report

says health agencies were arguing in the months before Wolski was killed over whether Saddleback should be cared for in a secure mental-health facility called the Michener Centre.

At the time, the government was moving from an institutional model of care for the developmentally disabled to a community-based one.

Judge Bart Rosborough said the province is responsible for ensuring proper care for developmentally disabled people with complex needs.

"The qualification, selection, monitoring and accountability

of those providing services in that regard are all parts of that responsibility," reads his report released Wednesday.

"There were direct and immediate failings in this case which contributed to the death of Wolski."

The report says the Human Services Department knew in 2010 that Saddleback was so aggressive and dangerous that it took five RCMP officers to subdue him during a violent outburst the previous year.

Despite his history of violence, some Canadian Mental Health Association staff were under the

impression that Saddleback was considered to be a "teddy bear" and a "gentle giant."

Rosborough recommends that workers should not be assigned to care for people they can't physically manage and that women should not be assigned to care for clients who have demonstrated aggression toward females.

He also recommends the government should have an outside agency review how the province shares information when it has safety concerns about people in care.

THE CANADIAN PRESS

A heartbreaking return to mosque

QUEBEC CITY

Praying will not be the same, attendants say

Three Muslims returned to the Centre Culturel Islamique de Québec before dawn Wednesday for morning prayers, kneeling on carpets still blood-stained from the attack that took place.

The shoes of the six men shot dead were still at the entrance. Bullet holes pierced the walls. Blood stains blemished green and beige carpets.

Hearing it was reopened, members of the congregation trickled in slowly to see their place of worship forever changed.

"It's not the same feeling that I had felt (for this mosque)," Amel Henchere said between sobs. "Before the drama this was our place of culture, our place of peace ... we'll never feel the same."

She added that it was import-



Blood stains are shown inside a Quebec City mosque on Wednesday. JACQUES BOISSINOT/THE CANADIAN PRESS

ant for her to come back to her community space, despite the grief, to fight her fears.

"It's hard for all of us to come back here and pray," agreed Ahmed Elrefai, who said there were three worshippers in attendance. "But people are urging us to open as soon as possible. So

we prayed, even with the blood on the floor."

A prayer mat and toppled microphone lay at the front of the room, soiled with blood and surrounded by broken drywall from the bullet holes that pierced the walls. Bloodstains trail down stairs into the basement, where

“

Before the drama this was our place of culture, our place of peace.

Amel Henchere

victims went into hiding after they had been shot.

Everything will change here, said Samir, who declined to give his last name, but administers the mosque's Facebook page.

Samir said police returned the keys to the congregation late Tuesday night. While the mosque is now open, he said that he doesn't believe the congregation will pray the same way again, with their backs to the door.

"We have fear behind us," he said. "I don't know how we will be able to turn our backs on that ... We have to find a way to protect ourselves." TORSTAR NEWS SERVICE

IDENTITY

Survey asks what it takes to be 'one of us'

Who is a "true Canadian?" For the majority of respondents in a new survey, it's somebody who not only speaks English or French but also "shares Canadian customs and traditions" — a marker that Canadians prioritized more than even the Australians, French or Americans.

With an eye on nationalist movements and rising anti-immigrant sentiment, the Pew Research Center surveyed more than 14,500 people in 14 countries by asking: What does it take to be "one of us?"

In a report released Wednesday, Pew researchers found language was the most critical factor for how people defined a "true" member of their nation, with the Netherlands, Hungary and United Kingdom placing the highest premium on it.

Canadians and Italians were the least likely to link language with national identity. But in Canada, 54 per cent of 1,020 respondents placed a high premium on shared "customs and

traditions" when defining the Canadian identity.

In Canada, 54 per cent of 1,020 respondents also placed a high premium on shared "customs and traditions" when defining the Canadian identity, with only Hungary, Greece and Poland showing larger proportions of people who prioritized shared culture — something that "jumped out" for Bruce Stokes, the author of the report.

"For whatever it means, Canadians seem to value customs and traditions more so than even people in the U.S. or in many of the European countries," said Stokes, director of Global Economic Attitudes with the Pew Research Center, a non-partisan think tank based in Washington, D.C.

Like all polls, this one has important limitations, including the fact the nebulous phrase of "national customs and traditions" was not defined and left for individual respondents to interpret.

TORSTAR NEWS SERVICE

54%

More than half of Canadians said "customs and traditions" are of high importance for our identity.

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Cities to get idle infrastructure cash

FEDERAL GOVERNMENT

Liberals set to move \$30 million to gas tax fund

Newly released documents show the Liberal government is expecting to send some \$30 million in unused infrastructure money directly to cities through a temporary top-up to the gas tax fund.

The party has long promised to shift unused infrastructure money to the fund, which allows cities to spend on roads, highways, transit, water and sewer systems without having to apply for federal funding.

The \$30-million sum is the bulk of what's left of \$837 million from four separate programs, set up under previous governments, that had yet to be spent when the Liberals took office in November 2015.

The Liberals gave the provinces and territories until last March to allocate as much of

the leftover money as possible to new projects.

Cities and provinces have long argued the money was difficult to access because previous governments had put various restrictions on how the money could be spent.

More than \$800 million of what was left over had been allocated; one document tabled in Parliament this week showed that just prior to the March deadline, there was less than \$32 million still left.

"That money (the \$837 million) we could have delivered through the gas tax fund," Infrastructure Minister Amarjeet Sohi said Wednesday on his way into a caucus meeting.

"The vast majority of those dollars are now allocated to new projects and only a few million will be delivered to municipalities through the gas tax fund."

The documents tabled in Parliament this week show the government now expects to send about \$30.3 million through the gas tax fund at the end of March, with Ontario

+ BACKGROUND

The problem for the Liberals is that infrastructure money doesn't flow quickly.

It only leaves the federal treasury once project proponents submit receipts for reimbursement, often leaving a lag between when work takes place and when infrastructure money is actually spent.

receiving the biggest top up at \$13.7 million, followed by Quebec at \$5.8 million.

Since taking office, Sohi has approved more than 1,200 projects. Construction is underway on about 60 per cent, he said.

The parliamentary budget office is set to release a report Thursday that will provide more details of the new infrastructure program.

THE CANADIAN PRESS

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Black History Month talk all about Trump

POLITICS

President discussed evils of media and own triumphs

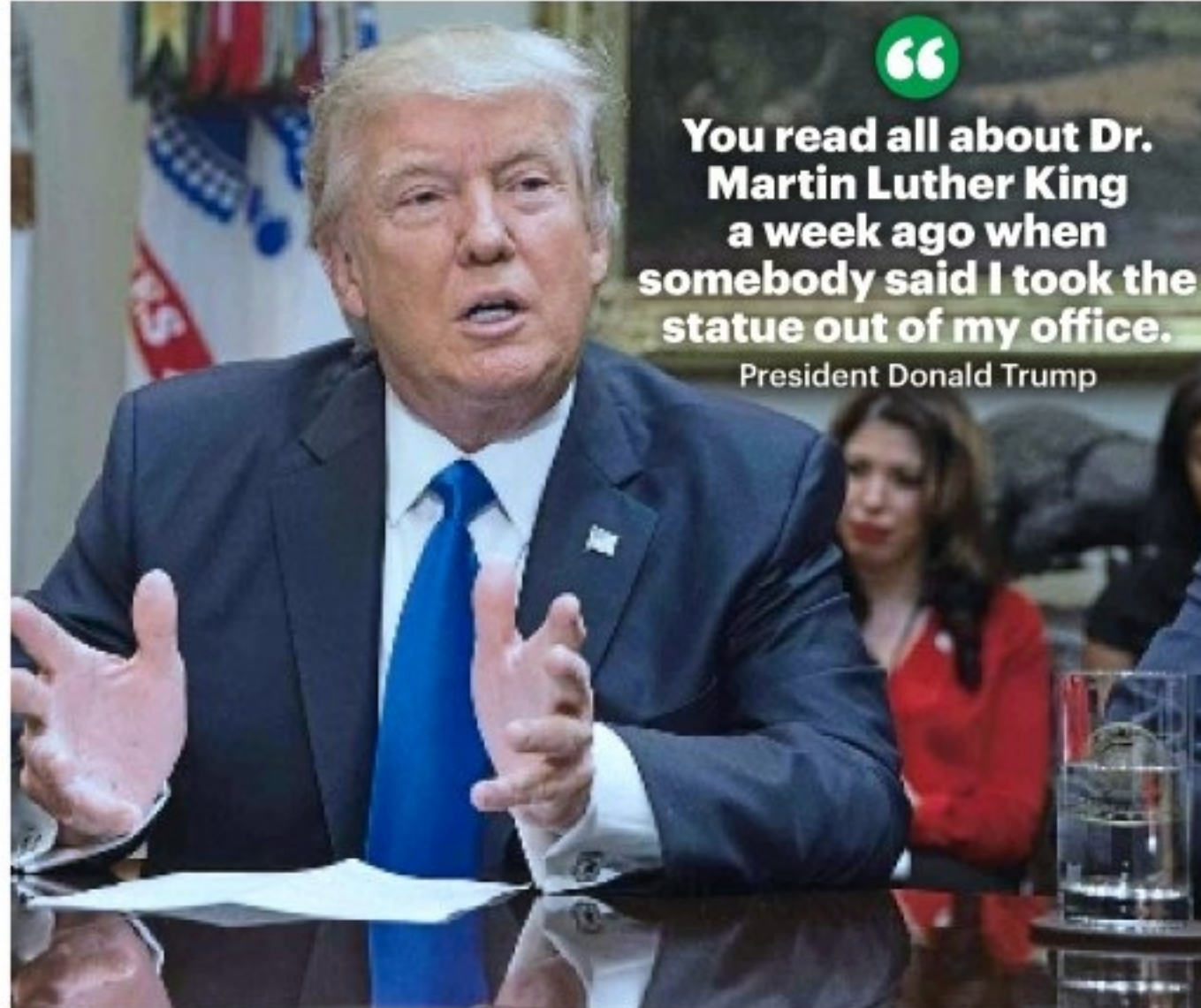
Happy Black History Month, everyone. Have you heard about the greatness and persecution of Donald J. Trump?

The president of the United States held an "African-American History Month listening session" in the Roosevelt Room of the White House on Wednesday. He began with a five-minute monologue that was more about himself — his campaign, his popularity, his alleged mistreatment by the media — than it was about African-Americans.

"OH. MY. EFFING. GAWD. Trump's Black History Month speech is an abomination," Sil Lai Abrams, author of the book *Black Lotus*, wrote in a representative post on Twitter.

Trump's remarks bore no resemblance to the Black History Month speeches of Democrat Barack Obama, the first black president, nor did they resemble those of Republican George W. Bush. Trump appeared more interested in the evils of the media and triumphs of his own.

His third paragraph, for example, started with a lone sentence about the Rev. Martin Luther King Jr. It was followed by 10 sentences of media



President Donald Trump holds an African-American History Month listening session in the Roosevelt Room of the White House on Wednesday in Washington, DC. AFP/GETTY IMAGES

criticism.

Trump said King's "incredible example is unique in American history." Immediately, he pivoted to his oft-repeated gripe about a Time reporter's erroneous claim — which the reporter quickly corrected and apologized for — that he had removed a King

bust from the Oval Office after moving in.

"You read all about Dr. Martin Luther King a week ago when somebody said I took the statue out of my office. And it turned out that that was fake news," Trump said.

Trump did not spend any more time discussing the other

"You read all about Dr. Martin Luther King a week ago when somebody said I took the statue out of my office."

President Donald Trump

black icons he mentioned. About Frederick Douglass, the 19th-century slavery abolitionist and writer, Trump said in full: "Frederick Douglass is an example of somebody who's done an amazing job that is being recognized more and more, I notice." TORSTAR NEWS SERVICE



GLOBAL DIGEST

UNITED KINGDOM

Brexit inching closer

Britain moved closer to leaving the European Union Wednesday as lawmakers backed a bill authorizing divorce proceedings and kept alive the government's plan to trigger Brexit talks within weeks.

The House of Commons decisively backed the bill by 498 votes to 114, sending it on for committee scrutiny.

The result was a victory

for the Conservative government, which had fought in court to avert the vote out of fear Parliament would impede its Brexit plans.

Lawmakers also defeated a "wrecking amendment" proposed by the Scottish National Party that sought to delay Britain's exit talks with the EU because the British government has not disclosed detailed plans for its negotiations.

THE ASSOCIATED PRESS

IRAN

U.S. puts Iran 'on notice'

The White House issued a cryptic warning Wednesday that the U.S. will act against Iran unless it stops testing ballistic missiles and supporting Houthi rebels in Yemen, but declined to say what retaliatory actions the U.S. would pursue.

Michael Flynn, President Donald Trump's national security adviser, forcefully denounced Iran's behaviour in his

first public remarks since Trump took office.

He accused Iran of threatening U.S. allies and spreading instability throughout the Middle East while faulting the Obama administration for doing too little to stop the Islamic Republic.

"As of today, we are officially putting Iran on notice," Flynn said from the White House podium.

On notice for what, Flynn didn't say.

THE ASSOCIATED PRESS

YEMEN

Trump makes surprise visit to honour fallen soldier

Assuming the sombre duties of commander in chief, President Donald Trump made an unannounced trip Wednesday to honour the returning remains of a U.S. Navy SEAL killed in a weekend raid in Yemen.

Chief Special Warfare Operator William "Ryan" Owens was the first known U.S. combat casualty since Trump took office less

than two weeks ago. More than half a dozen militant suspects were also killed in the raid on an al-Qaida compound and three other U.S. service members were wounded.

More than a dozen civilians were also killed, including the eight-year-old daughter of Anwar al-Awlaki, a radical cleric and U.S. citizen who was targeted and killed by a drone strike in 2011.

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VICKY MOCHAMA

Face it: Politics and pigskin come as a pair

For the first time, I'm ever-so-slightly cheering against my own team. I am a New England Patriots fan and even I have to admit this amounts to being a Trump supporter.

In late 2015, a reporter noticed that Patriots quarterback Tom Brady had a Make America Great Again hat in his locker. When asked if he thought Trump would make a good president, Brady said, "I hope so. That would be great." He has since been banned from talking about politics by his wife, Gisele Bündchen.

Despite what Gisele wants, football is inseparable from politics and always has been. From the civil-rights actions of players in the '60s to today's issues around domestic violence and concussion science, the politics of the pigskin reflect the politics of the day.

The Patriots are owned by Robert Kraft, an ardent Trump supporter. And head coach Bill Belichick, though unwilling to say it out loud, is enough of a fan that he sent Trump a letter of support. The man barely speaks to media; what is he doing writing a whole letter?

When I would explain where the Patriots fandom lies in the football landscape, I used to say, "It's like cheering for Scar in the Lion King." Since the team's leadership is firmly pro-Trump and bound for another Super Bowl, I'll probably add, "Now imagine if Scar won the Electoral College but not the popular vote."

As a black person, I can't even believe I'm in the position of cheering for a team so white they have men in

Minutemen regalia who fire muskets at the end of a touchdown.

I get even more distraught when thinking about the opposing team: the scrappy Atlanta Falcons. Where the Pats are rooted in white Bostonian culture, the Falcons are a reflection of Atlanta's rich black life. Michael Vick, a former quarterback, wrote for *Players*, "... it meant a lot to me to be able to give the black kids of Atlanta their very own black quarterback."

Arthur Blank, the Falcons' owner, is noted for his philanthropy and generosity to Democratic Party causes. He's also Jewish, and recently criticized Trump for omitting Jews from his Holocaust remembrance message.

There's not even a break from politics during commercial breaks. Budweiser's Super Bowl ad shows the immigrant origin story that led to the creation of beer giant Anheuser-Busch InBev. (InBev came much later via mergers and acquisitions. I look forward to that commercial.) A handful of others carry a political message: KIA would like you think about the environment, Audi has some questions about gender equity (the answer is: buy an Audi); even GoDaddy winks at women in tech.

In its loud, contradictory and hyper capitalist way, the Super Bowl distills the complicated nature of our politics. Every day we vote with our choices. So sometimes, in cheering for the Patriots, I, like many, find myself rooting against my interests.

CHANTAL HÉBERT ON THE PM'S BROKEN PROMISE



It is fair to ask whether Trudeau was ever serious about keeping his word to Canadians (on electoral reform). From day one, his government's actions never matched his words.

As recently as his town hall tour Trudeau was insisting that he was still interested in changing the voting system.

In early December, the prime minister similarly told the Star editorial board that he remained committed to having a new system in place by 2019.

"I make promises because I believe in them... Canadians don't expect us to throw up our hands when things get difficult," he proclaimed.

But things, as it turned out, never had a chance to get difficult.

For it is fair to ask whether Trudeau was ever serious about keeping his word to Canadians. From day one, his government's actions on the file never matched his words.

With a clock ticking on the logistical feasibility of replacing the first-past-the-post system in time for 2019, it took months for a special parliamentary committee to be set up.

Once it was in place, the government never advanced a position or tried, in any way, to craft the consensus that it now says it has failed to find.

For months on end, the opposition parties and Canadians alike were left to try to divine Trudeau's thinking.

At times, it was as if the Liberals were going out of

their way to ensure that no pattern could be discerned in the tea leaves they purported to be guided by.

They rejected both the notion of putting various options to a consultative

that they were taken for a yearlong ride, and it is hard to disagree with them.

As the sole elected MP of her party, Green leader Elizabeth May did double and triple duty last fall to

to act as irritants in dealing with the new White House. The plan to legalize marijuana comes to mind.

The election of Donald Trump has brought about a major reallocation of government resources on Parliament Hill. But it would be easier to find virtue in the government's timing if it had shown one ounce of political will to fulfil its promise in the full year that preceded the American election.

Or if Trudeau had not continued to maintain he still meant to go through with changing the voting system months after Trump's victory.

The prime minister could have come to Canadians this week to say he had underestimated the time required to reform the system and that he needed to push back the deadline for achieving his goal beyond 2019. But Wednesday's announcement was about pulling the plug on the plan, not about recasting it.

Canadian voters are a forgiving lot. The assumption by Liberal government strategists that most will not be inclined to punish Trudeau for breaking a promise that never ranked high in the electorate's list of priorities is probably right.

After all, a plurality of Canadians did not hold it against Jean Chrétien that he broke the more central promise to replace the GST.

There are parallels. Both commitments were shiny Liberal platform objects that turned out to be little more than cheap props. Plus ça change!

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.



PLUS ÇA CHANGE The Liberals' retreat on electoral reform echoes Jean Chrétien's abandonment of his vow to replace the GST, Chantal Hébert writes. ADRIAN WYLD/THE CANADIAN PRESS

referendum or of asking Canadians for their preference in the massive online consultation they engaged in at the end of last year.

In politics, a consensus is not like a rare mushroom only to be found by an extraordinarily lucky hunter. In any event, in this case, the government seemed more concerned with burying any hint of a consensus than unearthing one.

It is true that the exercise did not elicit much appetite for a ranked ballot, Trudeau's preferred alternative to the first-past-the-post system. But then it is not as if the government even tried to make a case for it.

The opposition parties feel

participate in the process. Electoral reform is a long-standing priority of her party. On Wednesday she said she had never felt so betrayed by a government.

For his part, the NDP's Nathan Cullen called the prime minister a liar.

Expect parliamentary co-operation, going forward, to be hard to come by.

There are those who will argue that Trudeau is wise to walk away from his electoral reform promise as he needs to clear the decks to focus on the Canada/U.S. front.

But then one could make that same pronouncement about many other Liberal commitments including some that are more likely

The government seemed more concerned with burying any hint of a consensus than unearthing one.

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A GUIDE TO TELEVISION ZOMBIES

The Walking Dead's return is a week away, but here's something to sate your appetite, zombie fans: **Netflix's Santa Clarita Diet**, dropping Friday. Drew Barrymore's suburban realtor mom with a gory secret is the latest addition to the ever-growing roster of TV's undead. **Here's a primer on five shows to catch this year with varying degrees of humour, heart and braaaaaains.** Minor spoilers follow. **EVA LAM/METRO**

The Walking Dead (AMC)

What's the zombie science?: The z-word is never used: biter, the infected and, oddly, geek are other sobriquets. Every human is infected with a virus that reanimates them after death, unless the brain is destroyed. We may never know the whole story; creator Robert Kirkman said defining the outbreak's origins isn't a priority. **How traditional are the zombies?** Like the gold-standard Romero zombie, walkers are relatively slow and not terribly intelligent. While the undead present a very real danger, TWD's various human villains drive home the message that Man Is The Real Monster, which makes this series ideal for fans of: Night of the Living Dead, 28 Days Later. **Mid-S7 premieres Feb. 12.**



Z Nation (Syfy)

What's the zombie science? The Centers for Disease Control-dubbed ZN1 virus is responsible for turning the world into a zombie wasteland, and as with TWD, only brain trauma can kill a victim. A sole human, a prisoner named Murphy, appears to be immune to infection three years after the initial outbreak. **How traditional are the zombies?** Hey Walking Dead, Z Nation sees your melted walkers and raises you irradiated zombies and zombie-plant hybrids. Aside from these fancy outliers that appear in a few episodes, the zombies of Z Nation are generally faster than those of TWD, especially when they are "fresh." And without giving too much away, did someone say zombie telepathy? **For fans of:** Resident Evil, From Dusk Till Dawn. **S4 premieres later this year.**



Santa Clarita Diet (Netflix)

What's the zombie science? Drew Barrymore's Sheila Hammond has an epic pukefest, dies and wakes up craving tasty human flesh. The "why" isn't entirely clear but hey, on to the wacky hijinks. **How traditional are the zombies?** Sheila's no shambling, dead-eyed ghoul. She resurrects with heightened energy and confidence; as she perkily tells her concerned yet supportive husband Joel, she may eat people but she "can also parallel park in one move now." **For fans of:** Dexter, United States of Tara. **Series premieres Feb. 3**

iZombie (The CW)

What's the zombie science? This is one sports drink that should come with a whopper of a warning: The popular in-universe Max Rager beverage, taken in combination with a street drug, has the side effect of zombie-ism. Humans can also be turned through sexual contact or a scratch, the latter being how our hero Liv Moore becomes iZombie. **How traditional are the zombies?** Liv craves brains, and if she goes without for too long she becomes dumber and more aggressive. Liv finds a steady source of non-living brains through her job at the medical examiner's office. Each brain she eats gives her the person's memories and personality for a short time, and like an undead Nancy Drew she uses her newfound powers to help solve the person's murder. **For fans of:** Veronica Mars, Dead Like Me. **S3 premieres April 4.**



Glitch (Netflix)

What's the zombie science? The mystery behind the resurrection of a group of strangers in the fictional Australian town of Yoranna is a major plot point. Hints are dropped about the involvement of a shady pharmaceutical company as a police officer and a doctor investigate the events. **How traditional are the zombies?** The risen notably do NOT crave brains and other than some initial confusion and amnesia appear to be in perfect health, whether they've been dead for two years or 200, with all their original personality and skills, including, in one character's case, playing the piano. They're preoccupied with all-too-human matters like love triangles and estate disputes. **For fans of:** The Returned, The OA. **S2 premieres later this year.**



OPINION

Queen Bey could lift veil on mom issues

Melita Kuburas and Genna Buck
Metro Canada

Beyoncé is about to become an even busier mom: The superstar announced Wednesday she is pregnant with twins, expanding her family with husband Jay Z and daughter Blue Ivy.

Beyoncé is known for her activism — she has sampled a rousing speech on feminism by writer Chimamanda Ngozi Adichie in *Flawless*, criticized police brutality, and also campaigned

for Hillary Clinton. So here are four critical maternal-health causes that could benefit from having Queen Bey sprinkle her unique influence and impact on them:

1) Global maternal health

The number of maternal deaths globally per year has gone down an astonishing 45 per cent since 1990, even as the population grew by 2 billion people. But that progress is fragile, and could be jeopardized by the strict conditions President Trump has ordered upon U.S. family planning

funding in the developing world.

2) Vaccination

Celebrity support — mostly from Z-listers like Jenny McCarthy — has fanned the flames of anti-vaccination conspiracy theories, lending them legitimacy and leading to real-world consequences, like the resurgence of measles and whooping cough in North America. One Instagram photo of Bey and the twins getting their shots could help turn the crazy train around.

3) Parental leave

The United States is still the only industrialized country with no guaranteed paid maternity leave. Queen Bey could use her privileged position to advocate for women — especially low-income and minority women — who get by with a whole lot less.

4) Breastfeeding

The pressure to conform to "breast is best" ideology because of breastfeeding's health benefits has led to a brutal battle in the ongoing mommy wars. If Beyoncé opened up about her own nursing, or made a point

to support women no matter how they choose to feed their babies — she could go a long way to healing the rift.

Yes, we recognize this multi-hyphenate woman will have a lot to worry about with a new brood and thriving career. But on Instagram she has already shown she celebrates the beauty and power of a pregnancy, so we think Beyoncé would approve of using this opportunity as another reminder of women's health, and how it's under threat by the current American presidency.



Beyoncé announced her pregnancy on Instagram.

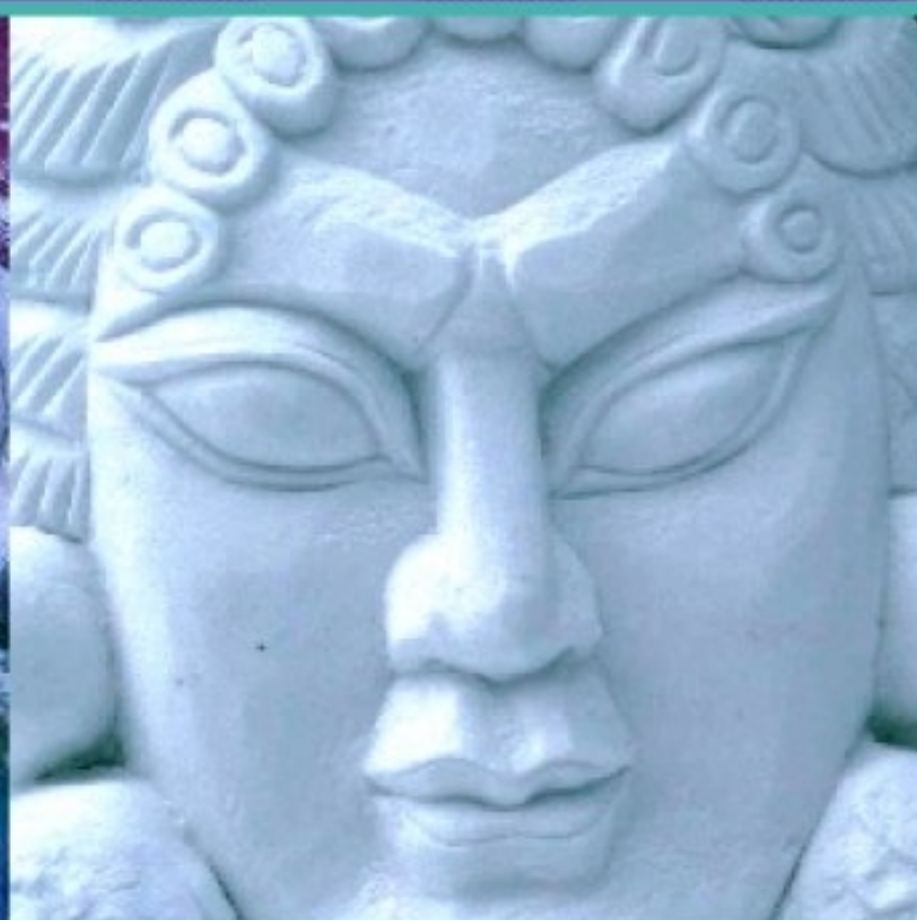
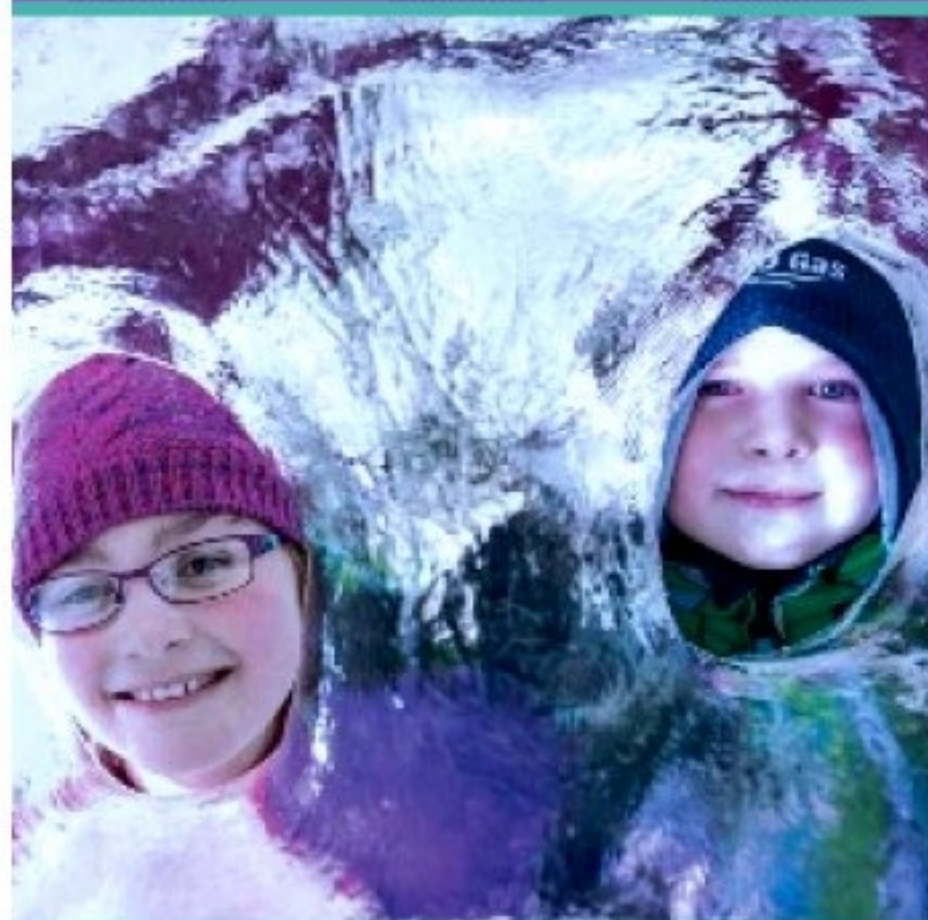


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ICE ON WHYTE EMBODIES EDMONTON'S WINTER SPIRIT

Lucy Haines

Embracing Edmonton's status as a winter city has been an increasing priority for governments and event planners. Ours is the northernmost major city on the continent, so why not celebrate it loudly, say city fathers. More often, residents and visitors are seeing outdoor winter patios, free skating in front of city hall to the sound of swing music, and festivals of ice and snow—exhibit A: Ice on Whyte.

Feel like making a s'more at a snow-surrounded fire pit? Maybe a slide down an underlit, glistening and speedy ice slide? How about some toe-tapping music inside a heated entertainment tent, enjoying a craft beer or hot chocolate while winter rages outside? Ice on Whyte offers all that and more each January/February, an enticing reason for residents to get outside and play.

With the trend toward fat bikes (winter-friendly cycling), urban Nordic poles for winter walking and warming huts in city parks, Ice on Whyte festival producer Wanda Bornn says it's no wonder thousands venture out to End of Steel Park in the dead of winter to have fun in temperatures that can be in the minus 20s.

"We're one of the top winter festivals in Canada, and thousands come from all around for Ice on Whyte whatever the temperatures. It's also one of only three international ice carving competitions in the country—that's a big deal—and it's Old Strathcona's winter celebration too, a chance to get out and play with family and friends—to embrace the season," says Bornn.

Embracing the season becomes a focus when Edmonton welcomes the world for the International Winter Cities Conference, with

forward-thinking speakers from around the globe sharing ideas on how best to live in a winter city.

"We go toward things that generate light—candles, outdoor fire events, early Christmas decorations—these are all ways to make cities come alive outdoors in winter," says Daniel Firth, a winter cities strategies for Stockholm, Sweden—a city roughly on the same latitude as Fort McMurray.

Edmonton is inspiring other world cities with its own winter strategies—think the Freezeway, polar plunge fundraiser event, winter warming huts and events like Ice on Whyte, which get people moving and rosy cheeks smiling on even the coldest days.

"You see the kids on the slide or snow maze, and soon the parents are sliding too—blue jeans with a wet bum and all," laughs Bornn.



Have a fabulous & frosty Ice on Whyte Festival!

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FRIENDS AND NEIGHBOURS CELEBRATE THE SEASON IN OLD STRATHCONA

Lucy Haines

Ice on Whyte is one of over 10 major festivals a year that fill the streets of Old Strathcona with revelers. It's a winter-time boon to boutiques, retailers, grocers and restaurants in the area that take advantage of the many festival-goers who move from the ice slides and entertainment tent at End of Steel Park to sleigh rides and shopping in and around Whyte Avenue each January and February.

The natural flow of visitors from festival site to the restaurants, cafés and shops in the neighborhood makes for a mutually beneficial relationship, according to Sydney McNeill, marketing manager for the Old Strathcona Business Association (OSBA). Time spent walking, browsing or people watching on the avenue usually translates into having a meal, meeting a friend for coffee or shopping the artisan crafts, books, clothing etc. That are the hallmark of this distinct area of the city.

"Retail loves Ice on Whyte," says McNeill, whose OSBA sponsors the L'il Chipper kids ice carving program for Ice on Whyte, as well as the free sleigh rides that bring visitors from the park to stops in Old Strathcona, close to shops and parking. For a donation to local charity (this year it's The Red Shoe Society) horse-drawn sleighs throughout Ice on Whyte weekend cover

several blocks of the area, great for hop-on/hop-off people-watching or getting from point A to B when the weather is especially chilly.

"This festival is a huge draw to the area, and many of the local restaurants and bars do a cocktail or food item related to Ice on Whyte," says McNeill. "This year, some spots have a Whiskey on Whyte promotion—it's a way for community to come together, and businesses get excited to share the popular event."

The Old Strathcona Farmers' Market is key to the Stew-Off competition, with chefs from local spots like Meat and Next Act vying for the title of best bison stew (which cold and hungry festival patrons get to enjoy). The OSFM provides the produce for the event, and offers free parking to Ice on Whyte visitors throughout the festival.

As well, area community leagues and residents are kept in the know on parking restrictions, while ETS provides needed public transport to the area. Festival producer Wanda Bornn says some 30 area businesses support Ice on Whyte (75 in the entire Edmonton area).

"Collaboration and partnerships—it's how Ice on Whyte rolls," says Bornn.



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BEYOND THE FESTIVAL

OUTREACH PART OF ICE ON WHYTE'S BIG PICTURE

Lucy Haines

With the two weekend-long wintertime fun festival at its core, Ice on Whyte is a well-established success story. The Old Strathcona-based ice carving competition and family fun event of food, entertainment and outdoor activities draws around 50,000 to its winter wonderland each year, bringing commerce to the Whyte Avenue area, helping celebrate ours as a dynamic winter city, and growing the art/sport of ice carving.

But Ice on Whyte isn't just the January/February event of all things ice and snow. Sand on Whyte, for example, takes the carving concept to summer on Whyte Ave. too. Festival producer Wanda Bornn continues to parlay Ice on Whyte into an educational, outreach-style organization—one that is a resource for other Alberta communities looking to host ice festivals, learn about ice carving or hire local experts to create winter fetes in their own backyards—ice slides, snow mazes, carvings, etc.

"The invitation list keeps getting longer. We go from Ice on Whyte to events in Cold Lake and Blackfalds, working with and showing locals how to create ice and snow carvings," says Bornn. "It's been a few years where Ice on Whyte has become a bigger endeavour, growing winter

tourism in Canada and turning into a national event thanks to the Canada Cup of Ice Carving. As one of just three internationally-sanctioned competitions in Canada, bringing Canada Cup to Ice on Whyte in 2019 will be huge."

Bornn said hosting ice carvers from all over the world is invaluable for encouraging more ice carvers to take up the pastime. That's the case for local carvers Cliff Vacheresse and Mark Berge, who created the giant ice slide and kids zone slide and maze for this and past Ice on Whyte festivals. The amateur pair is tackling the weekend three-block challenge by carving a mythical beast called Ramnosafist.

"We've probably worked 200 hours on the giant slide since the start of January," says Vacheresse, a carpenter by trade. "The weather has been up and down, but we dress for the conditions-- it's always fun to work with snow and ice to make this slide fun and fast for everyone."

Berge says the pair looks forward to working with communities to create their own festivals of snow and ice, and to share expertise learned from Ice on Whyte. "We're always learning, whether we work around the pros at Ice on Whyte or teach and share with people in smaller towns and cities."



A DAY IN THE LIFE.... OF AN ICE CARVER

Lucy Haines

What's it like to be an ice carver? Twelve hour days spent outside in frigid temperatures, cutting, sawing, chiseling and chipping away at massive blocks of ice to create 3D sculptures—and bringing the design on the page to shimmery life before the wind and sun erode it all away.

Welcome to the world of an ice carver—an art, a sport, a testament of endurance for dozens of pairs who travel the globe each year to create works for festivals, competitions and exhibitions. At this year's Ice on Whyte festival, nine teams took part in the International Ice Carving competition, spending two days with several blocks of ice and above zero temperatures, shielded by tarps and wind guards and aiming for top honours and prizes.

Latvian carvers Karlis Ile and Maija Puncule took third place at this year's competition for their airy, flowing creation *Summer Wind*, which pictures a woman's hair, cape and gown billowing in the breeze. For Ile, who has been an ice carver for 16 years, but also works in many mediums (sand, plastic, with fire and grass etc) ice and snow are just one avenue of expression—albeit cold ones

"I've been doing this many years, so we dress for it. There's no bad weather, just bad clothing," laughs the layered competitor as he and Puncule carve an exhibit piece—an owl—from ice and snow before the festival opens. "We're like one big family, all the carvers from around the world, and we look forward to meeting up at these events. But the most important part for us is that people can watch us work, communicate with us, get up close and ask questions."

Puncule said so much depends on whether it's sunny, windy, or warm when carving, though the pair comes into a competition with a design in mind and hopes the weather cooperates. "We keep our fingers crossed for good weather, so the piece doesn't become unstable or melt," she says.

The Dutch team of Edith Van De Wetering and Wilfred Stijger also came to Edmonton a few days ahead of the ice competition, creating a snow sculpture into the giant ice slide in honour of Canada 150 and the Old Strathcona rail history.

"We use chips, chisels, chainsaw, rasp, shovels—different tools for ice or snow, but ones I've fashioned," says Stijger.

"We'd like to see new and younger people come into the field, with fresh ideas. But ice carvers are our family, our social life," adds Van De Wetering.



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ICE IS NICE -- IT'S NOT YOUR EVERYDAY FROZEN WATER AT ICE ON WHYTE

Lucy Haines

Do you ever wonder where the crystal clear, sparkling ice used for carvings at Ice on Whyte comes from? It's definitely not the same kind of ice we make in cube trays and stick in our fridge freezer. The cubes we make can be cloudy, bumpy, and chip easily into shards—not so with the professional-grade carving ice shipped in special for Edmonton's premiere winter festival and international ice carving competition.

In fact, with over 50,000 visitors taking in the annual snow and ice event in Old Strathcona, and Ice on Whyte marking one of just three such international competitions in the country (Lake Louise and Ottawa host the other two), organizers had better get only the best ice possible. Bragging rights and prizes are on the line, after all.

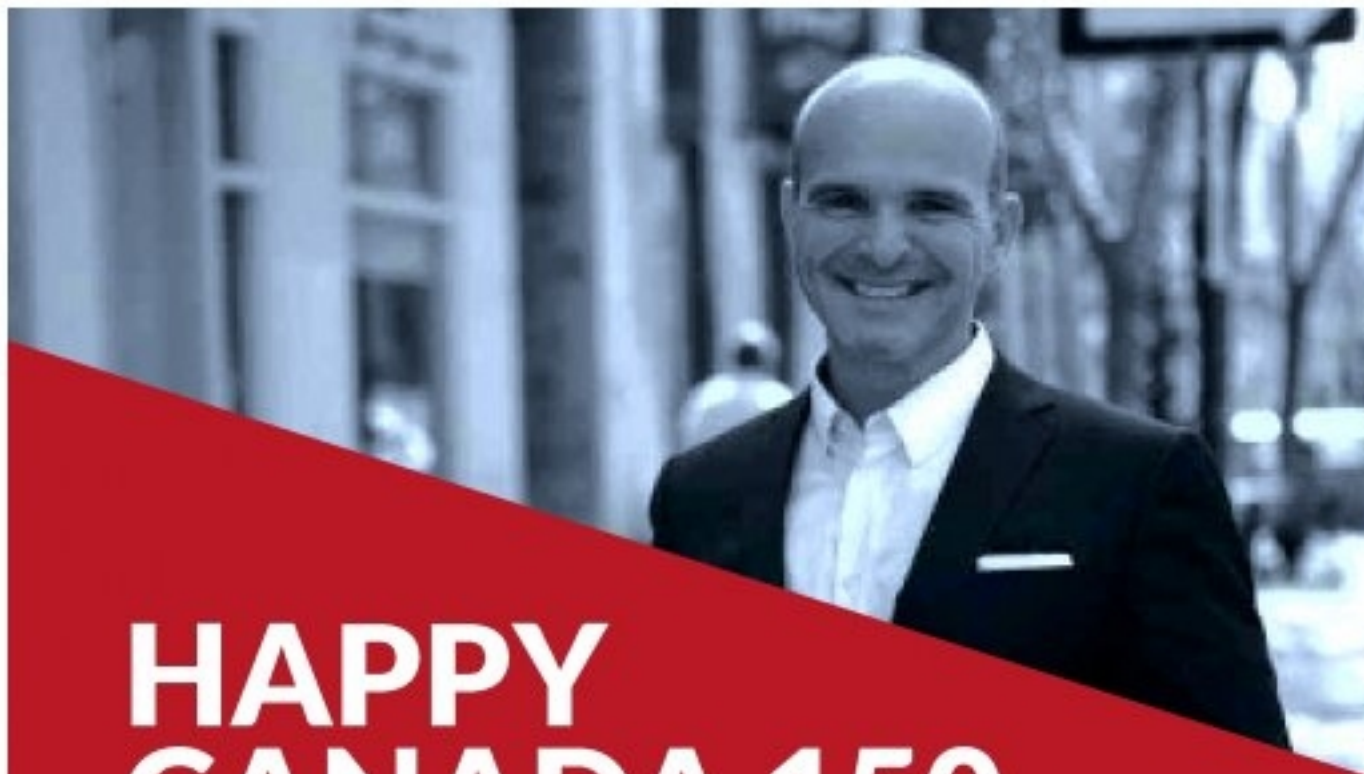
Ice on Whyte Festival producer Wanda Bornn says ice for the festival comes from Ice Culture in Hensall, Ontario, one of the only ice plants in Canada that makes the quality and quantity of ice needed for the ATCO International Ice Carving Competition. "Carving ice is made by a special process that freezes it from the bottom up so it is perfectly clear," says festival producer Wanda Bornn. "We believe it's the best carving ice you can get."

Ice on Whyte uses a whopping 360 blocks of ice for the competition, slide, exhibits and play area (not to mention countless dump trucks of packed snow). As each block of ice weighs 130 kg (286 pounds), that's a total of 46,800 kg or nearly 102,960 pounds of ice.

Competition carvings are each made of 15 blocks of ice, while this weekend's challenge for non-professional carvers uses three. Each ice block is .25M thick, .5M wide and 1M tall. It may take awhile to melt such huge chunks of ice, but Mother Nature can do a lot of damage with just a little sunshine and wind, according to carvers.

"Weather that is about minus ten and overcast is perfect for carving," says Wilfred Stijger, a professional carver at this year's Ice on Whyte. "When it's sunny and warm, the ice becomes unstable. When you put a chisel or chainsaw to it, it can crack into shards."

Ice carvers consider their work performance art--impermanent and ever-changing, just like sand castles that get pelted by rain or wash away in the tide. With ice carvings, wind can round off sharp edges and smooth out details.



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Randy Boissonnault, Edmonton Centre MP

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ICE ON WHYTE 2017 CALENDAR OF EVENTS

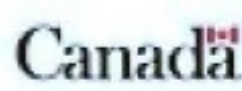
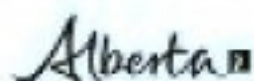
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5 PM - 8 PM Edmonton House Brigade
6 PM - 10 PM The Rec Room Slide Races

CTV ENTERTAINMENT TENT:

2 PM - 10 PM Second Cup Café
5 PM - 9 PM ATCO Blue Flame Kitchen
2 PM - 10 PM Agrium Seed Survivor Station
3 PM - 6 PM Ordinary People...Extraordinary Stories
5 PM - 8 PM Edmonton House Brigade
5 PM - 10 PM Canada 150 Mural Painting Workshop

AGRIUM KIDS ZONE:

5 PM - 8 PM Crafts
5 PM - 8 PM L'il Chippers

FRIDAY, FEBRUARY 3

FESTIVAL GROUNDS

2 PM - 10 PM 3 Block Ice Carving Challenge
4 PM - 7 PM Edmonton House Brigade
2 PM - 10 PM Forge
6 PM - 10 PM The Rec Room Slide Races

CTV ENTERTAINMENT TENT:

2 PM - 10 PM Freeze Your Cask Off! (ticket holders only)

AGRIUM KIDS ZONE:

5 PM - 8 PM Crafts
2 PM - 10 PM Second Cup Café in the Igloo
6 PM - 7 PM Danielle Deighton in the Igloo
7 PM - 8 PM Nick Samoil in the Igloo

SATURDAY, FEBRUARY 4

FESTIVAL GROUNDS

10 AM - 12 PM 3 Block Ice Carving Challenge
10 AM - 10 PM Forge
12 PM - 4 PM Old Strathcona Sleigh Rides
4 PM - 7 PM Edmonton House Brigade
6 PM - 10 PM The Rec Room Slide Races

CTV ENTERTAINMENT TENT:

10 AM - 10 PM Second Cup Café
10 AM - 12 PM Edmonton Public Library
10 AM - 6 PM ATCO Blue Flame Kitchen
10 AM - 10 PM Agrium Seed Survivor Station
10 AM - 7 PM Ordinary People...Extraordinary Stories
2 PM - 3 PM 3 Block Challenge Awards
2 AM - 10 PM Edmonton Beer Geeks Anonymous Saloon
4 PM - 7 PM Edmonton House Brigade
7 PM - 9 PM Punch Drunk Cabaret

AGRIUM KIDS ZONE:

11 AM - 12 PM L'il Chippers 2 PM - 8 PM Crafts
2 PM - 3 PM L'il Chippers
5 PM - 6 PM L'il Chippers

SUNDAY, FEBRUARY 5

FESTIVAL GROUNDS

10 AM - 10 PM Forge
12 PM - 4 PM Old Strathcona Sleigh Rides
1 PM - 3 PM Mr & Mrs White Picnic
5 AM - 8 PM Edmonton House Brigade
6 PM - 10 PM The Rec Room Slide Races
7 PM - 8 PM Festival Finale with Fire & Ice Show

CTV ENTERTAINMENT TENT:

10 AM - 10 PM Second Cup Café
12 PM - 6 PM ATCO Blue Flame Kitchen
10 AM - 10 PM Agrium Seed Survivor Station
10 AM - 1 PM Ordinary People...Extraordinary Stories
2 PM - 6 PM Old Strathcona Farmers Market Stew Off
2 PM - 10 PM Edmonton Beer Geeks Anonymous Saloon
3 PM - 4 PM Stew Off Awards
4 PM - 5 PM Ordinary People...Extraordinary Stories
5 PM - 8 PM Edmonton House Brigade
8 PM - 9 PM Martin Kerr

AGRIUM KIDS ZONE:

11 AM - 12 PM L'il Chippers 10 AM - 1 PM Crafts
2 PM - 3 PM L'il Chippers 2 PM - 6 PM Crafts
5 PM - 6 PM L'il Chippers

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2 PM - 6 PM, February 5: Heritage Stew Off

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MEET THE CONDO

Modern, maintenance free-living



THE VILLAS AT LACOMBE PARK

CONTRIBUTED

Project overview

The Villas at Lacombe Park offer modern, maintenance-free living in a serene, lakeside residential setting of St. Albert. With double garages and walk-out basements, the development features varying styles for anyone wanting carefree condo living. And with easy access to work, school, services and recreation, it's an address with much to offer.

Housing amenities

Attached garages, walkout basements (some developed) and open, modern living areas are just some of the features of the varied models of the Lynx or the Villas of Lacombe Park. All homes have six appliances, vaulted ceilings and energy-efficient windows, plus spacious living areas, neutral colour schemes and luxurious finishes throughout.

Location and transit

St. Albert is adjacent to Edmonton's northwest — a botanical-themed, family-focused city that offers a small-town vibe with easy access to all of Edmonton's work and school sites. The St. Albert Centre transit station gets riders to downtown in a half hour, and drivers can zip along Anthony Henday ring road and Yellowhead Trail.

In the neighbourhood

Lacombe Park is a mature neighbourhood with a mix of single and multi-family homes, all-level schools, shopping, grocery and dining on nearby St. Albert Trail. The area allows quick proximity to the Red Willow Trail system, with over 80 kms of paved cycle and walking trails. Lacombe Park and the Big Lake district are likewise popular. LUCY HAINES/FOR METRO

+ NEED TO KNOW

What: The Villas at Lacombe Park
Builder: Christenson Group of Companies
Sizes: 1,100 sq. ft to 1,400 sq. ft main level, plus option for fully-developed basement
Prices: \$489,900 to \$609,000
Model: One-bed and one-

bed plus den bungalows, some with walkout/developed basements
Status/Occupancy: immediate possession or summer occupancy available
Sales centre: 33 Legacy Terrace, St. Albert
Phone: 780-903-2465
Website: lacombepark.ca



Hotel Henriette features a dramatic modern dining space which has a dark graphic wallpaper from Arte and is one of the stylish spaces featured in Hotel Chic at Home. HANDOUT

Q & A

How to bring hotel chic home

Inspired by the interiors of boutique hotels around the world, author Sara Bliss wanted to share easy and affordable tips on how to bring that style home.

In *Hotel Chic at Home* (The Monacelli Press), she tries to capture the transformative power of travel, and that moment in a stylish hotel when you say to yourself, "Why can't my life be more like this every day?"

Bliss, author of seven books, gathers design ideas from innovative small hotels, from Marrakech, Morocco to Palm Springs, Calif., and talks with some of the

designers. She has chapters on subjects including foyers, lighting, dramatic walls and floors, and setting the scene with art.

What is it about these hotels that caught your imagination?

Boutique hotels have become incubators for new interior design trends that not only transport visitors to Thailand or Tuscany, but solve familiar design challenges on a budget, while setting an unforgettable mood. It's a magical mix of feeling both transported and

at home, and there are plenty of ideas that can easily be adapted at home. One of the things I love about these hotels is that they are pretty fearless in their design choices.

Is it important to stick to a single theme?

Mixing up inspiration from Africa and France and Morocco is perfectly OK. It's coolest when it's organic and reflects things you love. Big, crazy design ideas are sometimes too fun to talk yourself out of — and

they'll always be memorable and meaningful.

What are quick and affordable ways to add glamour?

Cubes painted shiny gold would glam up any room as side tables. And for walls, I love dark colours. So many of the hotels I visited feature a beautiful dark space lit by candlelight in the evenings. If painting an entire room is too much, employing stencils or graphics, even on a single surface can have big impact.

THE ASSOCIATED PRESS

Shapovalov adapting to life as a pro player

TENNIS
Ankle injury, life on the road have challenged 17-year-old

Denis Shapovalov's transition to professional tennis hasn't come without its struggles.

An ankle injury suffered last fall while training made the 17-year-old Canadian prospect wonder whether turning pro was the right move. Shapovalov had even entered into the junior tournament at the Australian Open in hopes of getting some more playing time.

But after chatting with his team, it was decided that there wasn't any point in going back to the junior ranks.

"If I commit to pros, I really got to stick to it and I think it was a good decision," Shapovalov said in a phone interview from Ottawa, where he's preparing for this weekend's Davis Cup World Group tie against Britain.

Shapovalov, from Richmond Hill, Ont., originally decided to jump from juniors to the pros after winning the Wimbledon boys singles title last July. Increased travel demands, however, have resulted in Shapovalov being home for only a few days so far this year.

"Obviously it's tough, missing my parents, family in general but I'm getting used to it," Shapovalov said.

"It's the life and hopefully I'll get some time to go home maybe for a week or a bit to catch up on things."

Shapovalov, currently ranked



Denis Shapovalov is currently ranked No. 234 in the world. JUSTIN TALLIS/AFP/GETTY IMAGES

No. 234 in the world, broke into the spotlight in 2016. Along with the Wimbledon victory, he shocked current world No. 15 Nick Kyrgios in the first round of the Rogers Cup in Toronto and earned a Davis Cup singles victory in his debut against Chile in September.

Shapovalov has carried that momentum into this year and already has a victory over Pierre-Hugues Herbert of France, then ranked No. 76, in the round of 16 at the East Hotel Canberra Challenger in

Australia.

The southpaw underwent a coaching switch in the off-season, splitting with Adriano Panatta, who he had worked with for over four years. Canadian Davis Cup captain Martin Laurendeau was hired as his replacement.

Laurendeau said joining forces with the six-foot, 132-pound is a good fit, as the 52-year-old is also responsible for Tennis Canada's transition program.

Though Laurendeau praises

Shapovalov's ability, he cautioned that the teenager is currently in a key transition period.

"It's where they either make it or break," Laurendeau said. "It's not a given that if you're a top junior in the world that you automatically become a top player in the men's game."

"You have to be patient and disciplined and just go through the steps and just make sure we manage that career carefully with wild cards. You don't have to speed up somebody so fast that you burn some steps, but you don't want to hold him down either so it's always a fine balance and that's the challenge." THE CANADIAN PRESS

"We have a great prospect in our hands."
Martin Laurendeau



Defensive back Marcell Young, left, joined the Eskimos in 2013. THE CANADIAN PRESS FILE

CFL

Eskimos extend Young

The Eskimos have extended the contract of pending free agent defensive back Marcell Young, keeping him in Edmonton through 2019.

In 17 games last season, all starts, Young recorded 60 defensive tackles and six pass knockdowns. He added six defensive tackles in the playoffs.

The six-foot native of Jack-

son, Miss., entered the league in 2011 with the Hamilton Tiger-Cats, where he remained until 2013 when he joined the Eskimos as a free agent.

Young has amassed 246 defensive tackles, six interceptions, six special team tackles and three sacks in 90 career games over six CFL seasons.

THE CANADIAN PRESS

NHL

Hitchcock fired over Blues' recent woes

The Blues abruptly fired coach Ken Hitchcock on Wednesday, cutting short the veteran's final season in St. Louis and putting coach-in-waiting Mike Yeo in charge of the underperforming team months earlier than planned.

General manager Doug Armstrong announced the change one day after the Blues' fifth loss in six games.

"We don't lose with pride," an emotional Armstrong said at a news conference.

"I don't think that we've given our best effort, and, Ken, ultimately he's paying the price with all our failures, starting with mine."

The 65-year-old Hitchcock was in his sixth season as Blues coach. They went 24-12-41 and made the playoffs in each of his five seasons, reaching the

+ CORSI OUT

Goaltending coach Jim Corsi was also fired, and his duties will be handled by assistant GM and Hall of Fame goaltender Martin Brodeur and Ty Conklin, the team's goalie development coach.

Western Conference final last spring. But St. Louis went just 5-8 in January and at 24-21-5 was mired in eighth place in the Western Conference entering the day.

Armstrong said Hitchcock took the news hard.

"He was defiant to the end. There was no kumbaya last night. He was angry."

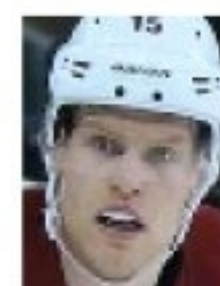
THE ASSOCIATED PRESS

Oilers exchange forwards in trade

The Edmonton Oilers have acquired forward Henrik Samuelsson from the Arizona Coyotes in exchange for forward Mitchell Moroz.

Samuelsson, 22, was a first-round draft pick of the Coyotes (27th overall) in the 2012 NHL draft. The Pittsburgh native has appeared in three NHL games with Arizona.

This season with the American Hockey League's Tucson Roadrunners, the six-foot-three, 209-pound forward has three points (two goals, one assist)



Henrik Samuelsson
GETTY IMAGES FILE

Moroz has a goal and two assists in 17 games with AHL Bakersfield this season.

THE CANADIAN PRESS

IN BRIEF

Sens deal for forward Hagel

The Ottawa Senators acquired forward Marc Hagel from the Minnesota Wild on Wednesday in exchange for future considerations.

Hagel, 28, has seven points (two goals and five assists) in 26 games with AHL Iowa this season.

He will be assigned to AHL Binghamton and was expected to be in the lineup for Friday's home game against the Hershey Bears, the Senators said in a release. THE CANADIAN PRESS

Bolt not holding a grudge over stripped gold medal

Usain Bolt says he is resigned to the fact that he's lost one of his nine Olympic gold medals, but isn't holding any grudges against drug-tainted Jamaican relay teammate Nesta Carter.

Carter has said he will appeal after re-analysis of his sample from the 2008 Beijing Games using more advanced scientific methods returned a positive test to the prohibited stimulant methylhexanamine.

THE ASSOCIATED PRESS

Motivated by his ill mother

SUPER BOWL

Brady hopes sick mom can be in Houston

Tom Brady hopes his mother will be in the stands on Super Bowl Sunday despite dealing with an undisclosed health issue.

The New England Patriots quarterback acknowledged on Wednesday that his mother Galynn Brady has been ill. He didn't provide any details.

"It's personal with my family, and I'm just hoping everyone's here on Sunday to share in a great experience. But it has been a tough year. Every family goes through different things and you know my family has always been a great support system for me and hopefully we can make everyone happy on Sunday."

Brady got choked up talking about his father during media night on Monday, and he said



Tom Brady GETTY IMAGES

Tuesday that his mother had not been able to attend any games this season. On Wednesday, he confirmed that his mother has been ill.

Though he isn't sure if she'll be able to make the game, he acknowledged how much it will mean to him if she is in the stands as the Patriots face the Atlanta Falcons.

"It's (will be) a special moment," Brady said. "It's always been that way. I think this year is — it will be as special as it's

ever been." The 39-year-old Brady said it's important to him to have his family at the game as small way to thank them for everything they do for him throughout the year.

"It's a great game because it's the final game of the year and it's a culmination of a lot of things," he said. "It's the Super Bowl and it's great for your team, but there's also a lot of people who have made an investment in you ... and you want to be able to reward them as well."

When he gets tickets for his family away from Gillette Stadium he always scopes out where they are so he can acknowledge them before he gets to work. He said he'll do that again on Sunday. "When I go out in pregame and look around I kind of know where they're going to be and I try to make some eye contact and let them know I'm looking at them," he said. "You like to know where they're at, too. It's going to be great."

THE ASSOCIATED PRESS

SUPER BOWL IN BRIEF

Falcons have faith star Jones will be ready

The Atlanta Falcons say All-Pro receiver Julio Jones is not slowed at all by a sprained toe. On Wednesday, coach Dan Quinn said "it would take an act of nature, for him not to be 100 per cent rolling on Sunday." THE ASSOCIATED PRESS

Goodell mum on Trump

NFL commissioner Roger Goodell sidestepped questions about Donald Trump Wednesday. Goodell did not offer any thoughts on Trump, saying he is focused on the Super Bowl, which "will bring the world together." THE ASSOCIATED PRESS

Drones banned around NRG for Sunday's big clash

The U.S. Federal Aviation Administration is warning that drones won't be allowed within a 34.5-mile radius of airspace around NRG Stadium on Sunday in Houston.

THE ASSOCIATED PRESS

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In Memoriam

As a free service to the community and funeral service providers, Metro Edmonton notes the following deaths with or without the placement of an obituary.

DEYELL, Yvonne Olivia
Date of Death: January 26, 2017
Age: 89 years

Park Memorial Funeral Home
(780-426-0050)

SOLODUK, Donna
Date of Death: January 28, 2017
Age: 76 years

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Denis Shapovalov
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Budget-friendly Spiced Flank Steak with Chimichurri Sauce



PHOTO: MAYA WISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

- 2 tsp lime juice
- 1 Tbsp white wine vinegar
- 1 tsp anchovy paste
- 1/2 tsp salt
- 1/8 tsp pepper

This recipe features inexpensive flank steak with an herb sauce that packs five-star flavour.

Ready in 25 minutes

Prep time: 10 minutes

Cook time: 15 minutes

Serves 4 to 6

Ingredients

- 1 beef flank steak (900 kg)
- 1/2 tsp salt
- 1/2 tsp coriander
- 1/2 tsp cumin
- 1/4 tsp oregano
- 1/4 tsp pepper
- For the Chimichurri**
- 1/2 cup packed fresh basil
- 1/2 cup packed fresh flat-leaf parsley
- 1/2 cup packed fresh cilantro
- 1/4 cup extra-virgin olive oil
- 1 clove garlic, roughly chopped

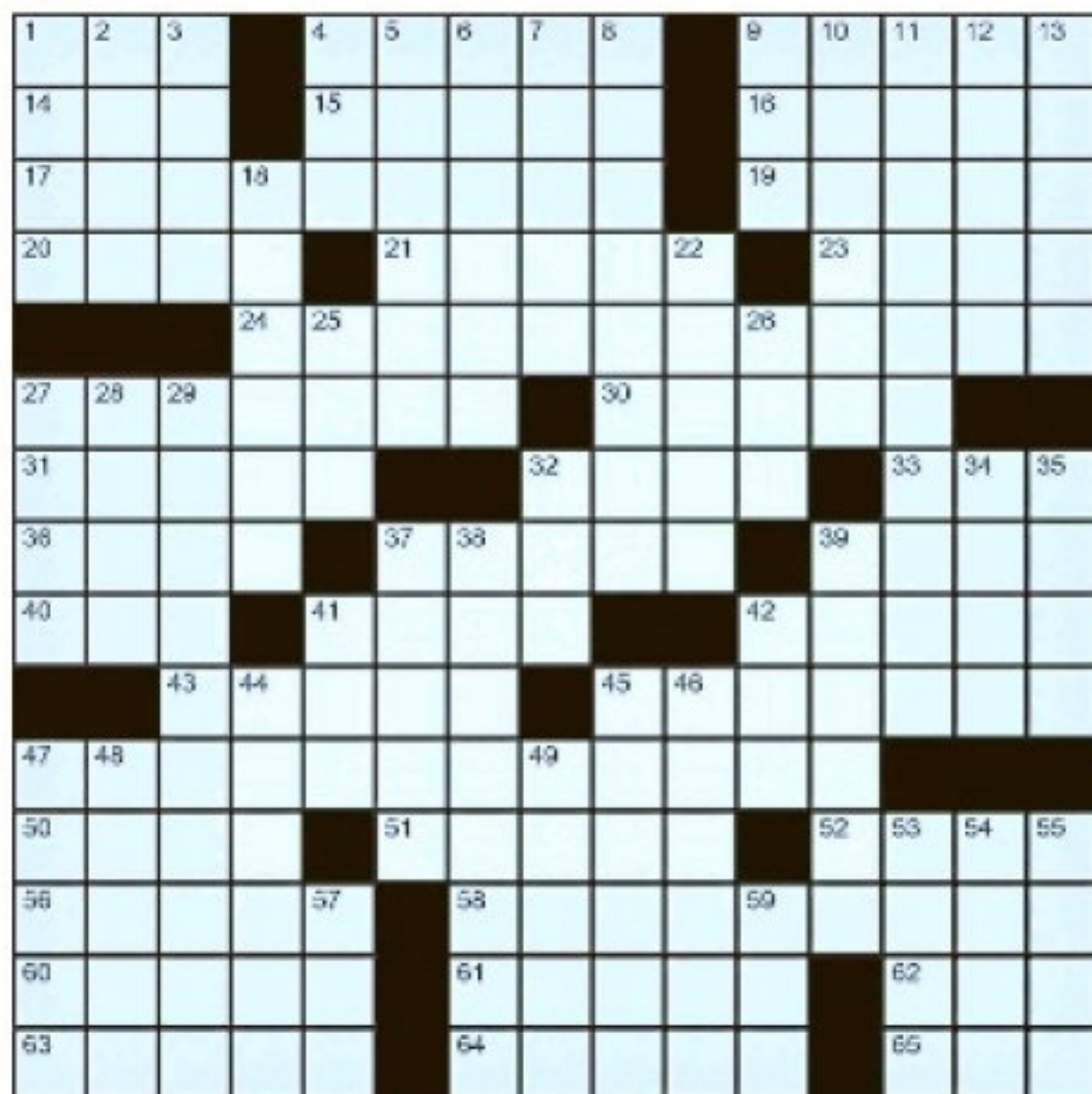
Directions

1. For chimichurri: Place all chimichurri ingredients in blender. Process, shaking blender if necessary, until smooth. Pour into a serving bowl.
2. For steak: Preheat broiler. Coat a broil pan with cooking spray. Combine salt, coriander, cumin and oregano and pepper, and sprinkle over both sides of steak. Place steak on pan and broil 4 minutes per side. Transfer to a cutting board and allow to rest 5 minutes. Cut against grain into 1/4-inch wide strips. Serve with chimichurri spooned on top and a fresh greens and sliced cherry tomatoes.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Implore
4. Rice/sea-weed roll
9. Charming spots to sit and sip, such as in Old Montreal
14. Madonna movie role
15. 19th-century composer Mr. Bruckner
16. Toward the stern
17. Sleeping time in the army: 2 wds.
19. Montcalm's 1759 Battle of Quebec opponent
20. To boot
21. Seven-plus-One
23. "Sole Survivor" band
24. Town in southern Alberta about an hour west of Lethbridge: 2 wds.
27. Conquers
30. Chirpers
31. _ squash
32. Restaurant chain, with Bell
33. Strong little boat
36. " _ the Boss?"
37. Give a guess
39. Destiny
40. Negative word
41. Crooked
42. Fable's lesson
43. Bobby Hull's son
45. Detectives
47. Village in western Saskatchewan, sounds like a perfect place from the name: 2 wds.
50. Opposin'
51. Prometheus,

for one
52. Montreal's world fair in '67
56. Hostel
58. Secretly listen in on
60. Georgia who played Georgette on "The Mary Tyler Moore Show"

61. Put into heard words
62. Appropriate
63. Open court hearings
64. Mr. Towel
65. Go-ahead-er's answer

DOWN

1. "Dracula" (1931) name
2. Downright nasty
3. Practical jokes
4. Idled
5. Like a letter that never went into the mailbox
6. Ancient Greece: Followers of Zeno

7. Dancer/actress/singer Julianne
8. A sure thing: 3 wds.
9. Cornfield cry
10. "All _!" (Call from the train)
11. Runner's mistake on the track: 2 wds.

12. _ White, Jennifer Hudson's Oscar-winning role in "Dreamgirls" (2006)
13. Montreal _ Spice (Seasoning sort)
18. Dreamers
22. In the blink of an eye
25. Mr. Somerhalder
26. _-Magnon man
27. Aurora
28. Reverberate
29. Overpass for pedestrians
32. Famed tomb king, commonly
34. Beehive State
35. Hair salon goos
37. Comprehend: 2 wds.
38. Most fidgety
39. Broke a sports rule
41. _ & Breakfast
42. "Alice" diner operator
44. New York _ Mark Messier, once
45. Electric _ (Beard trimmer)
46. _ algebra
47. The _ Diet ('Cave-man' diet)
48. Suffering
49. Stage, as of a cycling event, in France
53. Hospital photo
54. Vatican bigwig
55. Chooses
57. "Desperate Housewives" cast member ...her initials-sharers
59. Sun's spot

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your enthusiasm for something will make bosses and parents sit up and listen. Just make sure your ideas are doable and realistic. Nevertheless, enthusiasm is contagious!

Taurus April 21 - May 21
You're excited about big travel plans, because you want to go places! You also enjoy studying lofty topics and having profound discussions about philosophy, religion and politics.

Gemini May 22 - June 21
If you have to decide how to divide an inheritance or share something today, you will be more than generous. This is why you must be sure to take care of your own best interests.

Cancer June 22 - July 23
Conversations with partners and close friends are upbeat and friendly today. You're in the mood to schmooze and have fun!

Leo July 24 - Aug. 23
You have great ideas at work today because you are enthusiastic about something. You will find it easy to get others to climb on board and endorse what you want to do. Work-related travel is likely.

Virgo Aug. 24 - Sept. 23
This is a playful, fun-loving day! Make plans to socialize with others. Enjoy sports events, fun activities with children and romantic get-togethers. Have fun!

Libra Sept. 24 - Oct. 23
You have big plans today about future repairs for where you live. However, this also is a great day to have the gang over for good food and drink.

Scorpio Oct. 24 - Nov. 22
You are optimistic today. You're pondering big ideas and big projects. This is all well and good, but just make sure that what you want to do is doable.

Sagittarius Nov. 23 - Dec. 21
This is a great day for business and commerce. Whatever you do today could possibly boost your income, because you have moneymaking ideas.

Capricorn Dec. 22 - Jan. 20
Today Mercury is in your sign, dancing with lucky moneybags Jupiter. This makes you full of big ideas. Others will be attracted to your enthusiasm and positive frame of mind.

Aquarius Jan. 21 - Feb. 19
This is a pleasant day! Whatever you do, you will feel confident about the future and your upcoming plans. You value your privacy today.

Pisces Feb. 20 - March 20
This is a great day to hang out with younger people and have fun. You will enjoy interacting with clubs, groups and associations. You feel positive about your future goals.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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Thai Coconut Chicken Soup	\$10.50	
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Kimchi	\$3.50	
Chicken Egg Roll	\$3.95	
Vietnamese Spring Rolls	\$3.75	\$7.50
Vegetarian Spring Rolls	\$3.75	\$7.50
Spicy Chicken Spring Rolls	\$7.50	
Green Onion Cake	\$3.25	
Dry Garlic Ribs	\$10.95	
Deep Fried Wonton with		
Crab Meat & Cream Cheese	\$8.95	\$11.95
Regular Deep Fried Wontons	\$11.95	
Chicken Dumpling	\$8.95	\$11.95
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Panda Special Chow Mein	\$13.50
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Vegetarian Chow Mein	\$10.95
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Chicken Fried Rice	\$9.95
Beef Fried Rice	\$9.95
BBQ Pork Fried Rice	\$9.95
Veggie Fried Rice	\$9.95
Mushroom Fried Rice	\$9.95
Egg Fried Rice	\$8.95
Coconut Rice	\$3.95
Steamed Rice	\$2.95

SEAFOOD

Deep Fried Shrimp	\$15.95
Kung Po Shrimp	\$15.95
Basil Shrimp	\$15.95
Lemongrass Shrimp	\$15.95
Garlic Shrimp with Broccoli	\$15.95
Shrimp with Black Bean Sauce	\$15.95
Shrimp with Stir Fry & Fresh Vegetables	\$15.95
Yum Yum Peach Shrimp	\$18.95
Salt & Pepper Shrimp	\$18.95
Shrimp with Sweet Peas	\$16.95
Curry Shrimp	\$16.95
Butter Garlic Shrimp	\$16.95
Curry Squid	\$13.95
Curry Fish	\$16.95
Three Flavoured Fish Fillet	\$14.95
Shrimp with Sweet Peas	\$16.95
Curry Shrimp	\$16.95
Butter Garlic Shrimp	\$16.95
Curry Squid	\$13.95

Curry Fish	\$16.95
Three Flavoured Fish Fillet	\$14.95

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Special Chop Suey	\$11.95
Shrimp Chop Suey	\$11.95
Chicken Chop Suey	\$10.95
Beef Chop Suey	\$10.95
BBQ Pork Chop Suey	\$10.95
Mushroom Chop Suey	\$10.95
Vegetarian Chop Suey	\$10.95

CHICKEN & PORK

Lemon Chicken	\$13.95
Thai Style Spicy Chicken with Diced Veggies	\$13.95
Shredded Crispy Chilli Chicken	\$12.95
Orange Chicken	\$13.95
General Tao's Chicken	\$13.95
Sesame Chicken	\$13.95
Ginger Chicken	\$13.95
Chicken with Cashew Nuts	\$13.95
Chicken with Sweet Peas	\$13.95
Chicken with Basil	\$13.95
Green Curry Chicken	\$14.50
Curry Chicken	\$13.95
Kung Po Chicken	\$12.95
Lemongrass Chicken	\$12.95
Sweet and Sour Chicken Balls	\$8.95 \$11.95
Chicken with Black Bean Sauce	\$12.95
Honey Garlic Chicken	\$13.50
Salt and Pepper Pork Chop	\$13.95
Pork Chop with Lemon Sauce	\$13.95
Sweet and Sour Pork	\$12.95
BBQ Pork with Stir Fried Fresh Veggies	\$12.95
Honey Garlic Ribs	\$13.50

BEEF

Crispy Ginger Beef	\$13.95
Shredded Crispy Chilli Beef	\$12.95
Hunan Beef	\$13.95
Teriyaki Beef	\$13.95
Orange Beef	\$13.95
Beef with Basil	\$13.95
Beef with Broccoli	\$13.95
Beef with Black Bean Sauce	\$13.95
Green Curry Beef	\$14.50
Curry Beef	\$13.95
Beef with Stir Fried Fresh Vegetables	\$13.95
Beef with Sweet Peas	\$13.95
Black Pepper Beef	\$12.95
Lemongrass Beef	\$12.95

EGG FOO YOUNG

Special Egg Foo Young	\$12.95
Shrimp Egg Foo Young	\$12.95
Vegetable Egg Foo Young	\$11.95
Chicken Egg Foo Young	\$11.95
Beef Egg Foo Young	\$11.95
BBQ Pork Egg Foo Young	\$11.95

PANDA RICE BOWL

Shrimp Rice Bowl	\$11.50
Chicken Rice Bowl	\$9.95
Beef Rice Bowl	\$9.95
BBQ Pork Rice Bowl	\$8.95

VEGETARIAN

Stir Fried Fresh Mixed Vegetables	\$10.95
Kimchi Tofu Veggies	\$12.50
Garlic Broccoli	\$10.95
Salt and Pepper Tofu	\$10.95
Sweet Potato Fries	\$7.50
Stir Fried Vegetables with Black Bean Sauce	\$11.50

Stir Fried Vegetables with	
Coconut Sauce	\$11.50
Stir Fried Vegetables with	
Thai Style Sauce	\$11.50
Stir Fried Vegetables with Curry Sauce	\$11.50
Stir Fried Vegetables with Hot Sauce	\$11.50
Stir Fried Vegetables with	
Peanut Sauce	\$11.50
Steamed Fresh Mixed Vegetables	\$10.95

HOUSE SPECIALITIES

Vegetarian Rice Vermicelli Bowl	
(with 4 Veggie Spring Rolls)	\$11.95
Lemongrass Chicken Rice Vermicelli Bowl	\$12.95
Lemongrass Beef Rice Vermicelli Bowl	\$13.50
Lemongrass Shrimp Rice Vermicelli Bowl	\$13.95
Chicken Satay Skewers with	
Peanut Sauce (min 2.)	\$1.95
BBQ Pork	\$7.95
Vietnamese Shrimp Salad Rolls	\$4.95

DINNER FOR ONE \$10.95

Served with Stir Fry Fresh Vegetables, Chicken Fried Rice & Chow Mein

CHOICE OF:

• Crispy Ginger Beef OR	• Ginger Chicken OR
• Sweet & Sour Pork OR	• Dry Ribs OR
• General Tao's Chicken OR	• Vegetarian (Tofu, Veggies,
• Lemon Chicken OR	Spring Roll, Steamed Rice
• Chicken Balls OR	Instead of Chicken Fried
• Deep Fried Shrimp OR	Rice)

DINNER FOR TWO \$34.00

Wonton Soup (2)
Vietnamese Spring Rolls (2)
Chicken Satay (2) OR Deep Fried Shrimp (6)
Crispy Ginger Beef
Stir Fry Vegetables
Chicken Fried Rice

DINNER FOR FOUR \$64.00

Wor Wonton Soup (M)
Vietnamese Spring Rolls (4)
Chicken Satay (4) OR Deep Fried Shrimp (12)
Crispy Ginger Beef
Lemongrass Chicken
Stir Fry Fresh Vegetables
Chicken Fried Rice

DINNER FOR SIX \$90.00

Wor Wonton Soup (L)
Vietnamese Spring Rolls (6)
Chicken Satay (6) OR Deep Fried Shrimp (18)
Crispy Ginger Beef
Lemongrass Chicken
Stir Fry Fresh Vegetables
Chow Mein Noodles
Chicken Fried Rice

DINNER FOR EIGHT \$120.00

Wor Wonton Soup (L)
Vietnamese Spring Rolls (8)
Chicken Satay (8) OR Deep Fried Shrimp (24)
Crispy Ginger Beef
Lemongrass Chicken
Sweet & Sour Chicken Balls (16)
Stir Fry Fresh Vegetables
Chow Mein Noodles
Chicken Fried Rice

PANDAS PLATTER \$34.00

Panda's Platter (Cream Cheese Wontons,
Spring Rolls, Dry Garlic Ribs, Green Onion Cakes,
Deep Fried Shrimp and Kimchi)

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